SHARP

OPERATION MANUAL
AND
COOKBOOK



MICROWAVE OVEN

MODELS R-340H Ⓜ
R-341H

GUARANTEE

SHARP ELECTRONICS DIVISION OF SEARTEC GROUP TRADING (PTY) LTD ("the Company") guarantees to the original purchaser that the product sold with this certificate is free of defects in material or workmanship under normal use and service for a period of 2 (two) years from the date of purchase thereof, subject to the following conditions:

1. The guarantee shall apply to the product, provided the product is still owned by the original purchaser and provided further that it was purchased in and is retained for use in the Republic of South Africa, Swaziland, Lesotho, Botswana, South West Africa (Namibia) and all territories formerly falling within the boundaries of the Republic of South Africa (as constituted on 31 May 1961).
2. At any time within 2 (two) years from the date of invoice issued to the original purchaser, the Company shall, at its election, repair or replace, entirely free of charge as its own branch or authorised service dealer, any part in the product found to be defective by such Company branch or authorised service dealer. If the original purchaser resides in an area situated beyond a 50 kilometer radius from the nearest Company branch or authorised service dealer, all travelling expenses incurred by the Company in connection with repair or replacement of the product shall be for the original purchaser's account.
3. It is a condition of this guarantee that the Company shall not be responsible for any transportation, labour, material or any other costs not specified in the clauses contained herein.
4. Installation, operation, maintenance and servicing of the product must be carried out in accordance with the Company instructions as contained in this booklet or in the product packaging, and any failure to do so will render the guarantee null and void.
5. The Company shall not be responsible for damage to the product resulting from: incorrect voltages or faults in the electrical power supply system; general misuse or abuse of the product; failure to use the product for the purpose for which it was designed; fire, flood, war, civil disturbances, strikes, lookouts, acts of God, acts of Government or quasi-Government, or any other cause beyond the reasonable control of the Comapny.
6. The Company shall not accept any responsibility or liability for any loss suffered by or damage of any kind caused to the original purchaser or any other person by or due to failure of operation or malfunction of the product or for consequential damage of whatsoever nature, whether such loss, damage or consequential damage was suffered by the original purchaser or any other person.
7. Should the product be worked on by anyone other than a Company branch or authorised service dealer or be found to contain any component parts or accessories other than product component parts or accessories, this guarantee will become null and void.
8. The defacement or removal of the nameplate and/or serial number from the product will render the guarantee null and void.
9. The guarantee does not apply to light bulbs or fuses nor to vitreous enamelware or other similar finishes nor to external cables and plugs where the length of life depends on the amount of use and care given.
10. Save as set out in this guarantee, no terms, conditions, provisions, representations or statements (whether express or implied) shall be of any force or effect whether made prior to, on, or subsequent to the date of original purchase, unless the same shall have been confirmed in writing by the Company.
11. Failure to submit the guarantee Registration Certificate (contained herein or in the product packaging) within a period 30 (thirty) days of date of original purchase, or to produce documentary proof of ownership and date of original purchase prior to guarantee repair and/or replacement of any defective part being carried out by the Company, will render the customer liable for all costs incurred by the Company inclusive of parts, repairs, labour, travelling and transportation even if the product still falls within the period of guarantee cover. The same condition will apply in respect of service calls where the product is found to be free from defects in material or workmanship.
12. This undertaking is given in lieu of any liability of the Company at common low, whether in respect of patent and/or latent defects, express and/or implied representations or guarantees and/or in contract and/or in delict and/or otherwise, and any such liability is hereby expressly excluded.

Microwave –Special Conditions

Failure to observe the following conditions will forthwith render the guarantee null and void:

(i) Metal or tinfoil objects must not be placed in the oven.
(ii) The oven must not be operated if the oven is empty.
(iii) No object must be placed on top of the oven.
(iv) Abrasive and harsh cleaners must not be used. Hot water and mild detergent are sufficient.
(v) This product is not suitable for commercial or laboratory use.
(vi) In the unlikely event of failure please route your service call through your service dealer. Alternatively contact one of the Company branches.
(vii) In the event of repair or replacement of defective parts being necessary, the product should be delivered to the nearest service dealer.

* THIS GUARANTEE IS APPLIED ONLY IN THE REPUBLIC OF SOUTH AFRICA, SWAZILAND, LESOTHO, BOTSWANA, SOUTH WEST AFRICA (NAMIBIA) AND ALL TERRITORIES FORMERLY FALLING WITHIN THE BOUNDARIES OF THE REPUBLIC OF SOUTH AFRICA (AS CONSTITUTED ON 31 MAY 1961).

INTRODUCTION

SHARP®

Thank you for buying a Sharp Microwave Oven.

Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

1. OPERATION (P2~P15)
   This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDE
   This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.
   it also contains recipes for automatic cooking and manual cooking.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

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WARNING

IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

To reduce the risk of fire in the oven cavity:

a. Do not overcook food.
b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling:
Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
Additionally:

a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
b. Do not use excessive amount of time.
c. When boiling liquids in the oven, use a wide-mouthed container.
d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself.
It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed).

Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.
Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

a. Before cleaning the turntable with water, leave the turntable to cool.
b. Do not place anything hot on a cold turntable.
c. Do not place anything cold on a hot turntable.

Do not place anything on the outer cabinet.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

The cooking times given in the cook book are just for your guidance, and will vary according to altitude, food structure or food size.

SPECIAL NOTES

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.	* Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over.	* Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	* For boiling or cooking liquids see WARNING on page 2 to prevent explosion and delayed eruptive boiling.	* Heat for longer than recommended time.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	* These foods have high sugar and/or fat contents. * Cook for the recommended time.	* Overcook as they may catch fire.
Meats	* Use a microwave proof roasting rack to collect drained juices.	* Place meat directly on the turntable for cooking.
Utensils	* Check the utensils are suitable for MICROWAVE cooking before you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.	* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

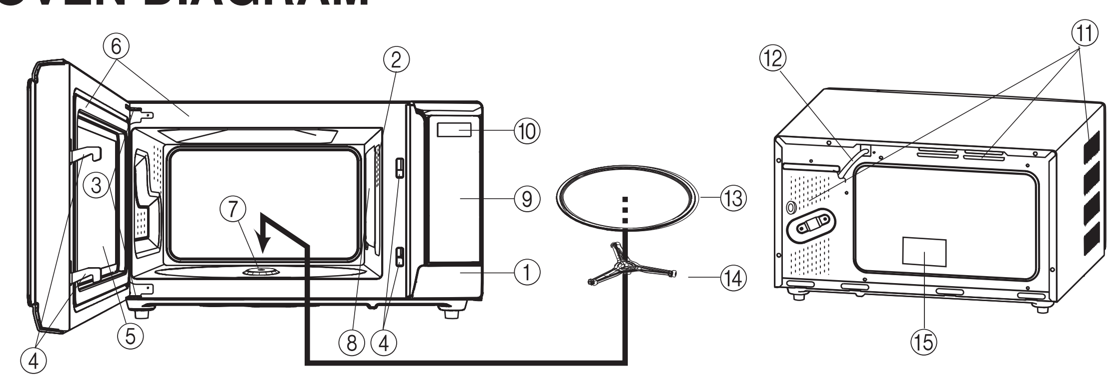
1. Remove all packing materials from the oven cavity, **(do not remove the waveguide cover)**, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Turntable 2) Roller stay
   3) Operation manual and Cook book
3. Place the roller stay in the coupling on the oven floor, then place the turntable on to the roller stay, ensuring it is located firmly. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow space of at least 15cm from top of the oven for air ventilation. This oven is not designed to be built-in to a wall or cabinet.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C.voltage and frequency must be single phase 220V,50Hz.
6. WARNING - THIS APPLIANCE MUST BE EARTHED.
   If the socket outlet in your house is not compatible with the pulg supplied, cut-off the mains plug and fit an appropriate type, observing the wiring cord below.
   If you are unsure how to do this get help from an electrician.
   IMPORTANT - The wires in the power supply cord are coloured in accordance with the following cord:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

   As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:
   The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.
   The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.
   The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.
   Make sure the terminal screws are properly tightened and the power supply cord is held tightly by the cable grip where it enters the plug.

   NOTE: Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

OVEN DIAGRAM



1. Door open button
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover (Do not remove)
9. Touch control panel
10. Liquid crystal display
11. Ventilation openings
12. Power supply cord
13. Turntable
14. Roller stay
15. Rating label

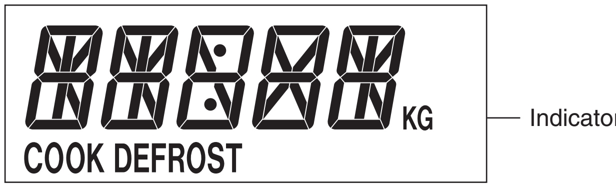
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

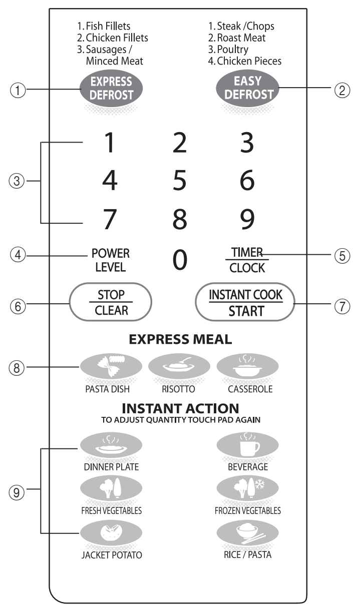
An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

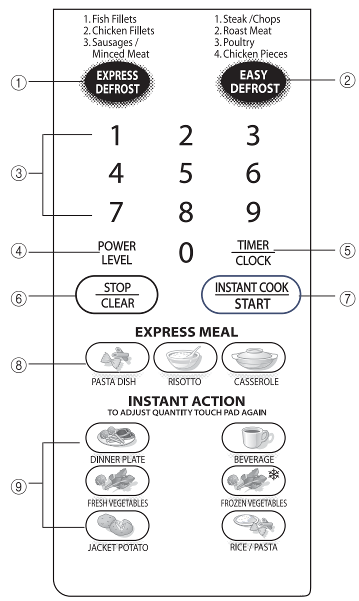
Control Panel Display



Touch Control Panel Layout



R-340H



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① EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

② EASY DEFROST PAD
Press to select the Easy Defrost menu.

③ NUMBER PADS
Press to enter cooking time, clock time, weight of food.

④ POWER LEVEL PAD
Press to select microwave power setting.
If not pressed, HIGH is automatically selected.
Press to alter the cooking result for automatic operations.

⑤ TIMER/CLOCK PAD
Press to set clock,timer,child lock or demonstration mode.

⑥ STOP/CLEAR PAD
Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

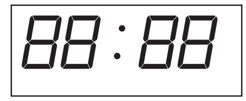
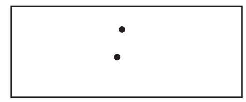
⑦ INSTANT COOK/START PAD
Press to start oven after setting programmes.
Press once to cook for 1 minute at HIGH or increase by 1 minute multiples each time this pad is pressed during cooking.

⑧ EXPRESS MEAL PADS
Press to cook 3 popular menus.

⑨ INSTANT ACTION PADS
Press to cook or reheat 6 popular menus.

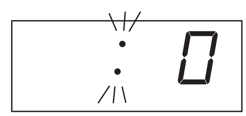
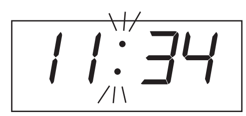
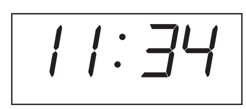
BEFORE OPERATING

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point. Ensure the oven door is closed.		 Flashing eights
2	Press the STOP/CLEAR pad so that the oven beeps.	STOP CLEAR	 Only the dots will remain.

Clock Setting

* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the TIMER/CLOCK pad.	TIMER CLOCK	 The dots (:) will flash on and off.
2	Enter the correct time of day by pressing the numbers in sequence.	1 1 3 4	
3	Press the TIMER/CLOCK pad again.	TIMER CLOCK	

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45), ERROR will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45).
If you wish to know the time of day during the cooking or timer mode, press the TIMER/CLOCK pad. As long as your finger is pressing the TIMER/CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:
1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MANUAL OPERATIONS

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level.
There are five different power levels. You can programme up to 99 minutes, 99 seconds.

Power level		10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display		LOW	M.LO	MEd	M.HI	HIGH
Examples of foods typically cooked on microwave oven power level	Keeping food warm		Defrost Softening butter	Casseroles	Cakes Muffins Slices	Vegetables Rice/Pasta Fruit
				Seafood	Seafood	

This variable cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then 100% power is automatically used.
* Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	2 3 0	2.30
2	Press the INSTANT COOK/START pad.	INSTANT COOK START	2.30 COOK The timer begins to count down.

To lower the power press the POWER LEVEL pad until desired power level is displayed.
* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	POWER LEVEL x 3	MEd
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	10.00 COOK The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.

If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.
If more than 40 minutes on 100% is entered, the microwave power will be reduced after 40 minutes to avoid overheating.

Sequence Cooking

Your oven can be programmed for up to 3 automatic cooking sequences, switching from one variable power setting to another automatically.
* Suppose you want to cook for 10 minutes on 50% followed by 5 minutes on 100%.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Select desired power level by pressing the POWER LEVEL pad (for 50% press three times).	POWER LEVEL x 3	MEd
3	For second sequence, enter desired time for cooking time. If power is not selected the oven will operate at 100% power.	5 0 0	5.00
4	Press the INSTANT COOK/START pad.	INSTANT COOK START	10.00 COOK The timer begins to count down to zero. When it reaches zero, 5.00 COOK the second sequence will appear and the timer will begin counting down to zero again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within 3 minutes of closing the door.	INSTANT COOK START	1.00 COOK The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed.
Each time the pad is pressed, the cook time is increased by 1 minute.

Increasing Time During a Cooking Programme

Microwave time can be added during a cooking programme using the INSTANT COOK/START pad.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% power cooking.
(at the moment the remaining cooking time is 1 min. 30 sec.)

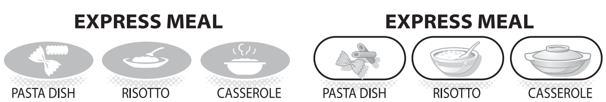
Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	5 0 0	5.00
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times)	POWER LEVEL x 3	MEd
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	COOK 5.00 The timer starts to count down. COOK 1.30
4	Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.	INSTANT COOK START x 2	COOK 3.30

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. When using the automatic features, carefully follow the details provided in each MENU GUIDE to achieve the best result.
   If the instructions are not followed carefully, the food may be overcooked or undercooked or ERROR may be displayed.
2. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually. Refer to manual cooking charts in RECIPES section.
3. To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (for more) or twice (for less) after selecting desired setting. Refer to page 13.
4. The final cooking result will vary according to the food condition (e.g.initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
5. To avoid children's misuse, each EXPRESS MEAL and INSTANT ACTION pad can be used only within 3 minutes of a preceding operation.
6. To defrost foods above or below the weights allowed on the EXPRESS DEFRROST MENU GUIDE, use EASY DEFROST or defrost manually.
7. ERROR will be displayed if:
   more or less than weight of foods suggested in EASY DEFROST MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
   To clear, press the STOP/CLEAR pad and reprogramme.
8. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 1.65kg would become 1.7kg.

Express Meal

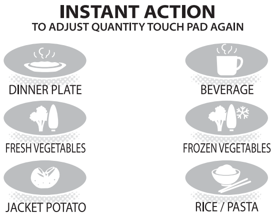


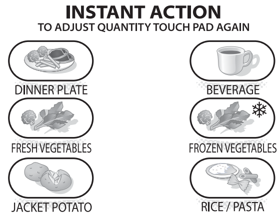
The Express Meal allows you to cook 3 popular menus.
Follow the instructions provided in EXPRESS MEAL RECIPES on pages ③ - ⑤ of the cooking guides.

* Suppose you want to cook Pasta Napolitana (Pasta Dish).

Step	Procedure	Pad Order	Display
1	Press the PASTA DISH pad once.	PASTA DISH x 1	PASTA ↓ After about 2 sec. 26.00 COOK The cooking time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and STIR will be displayed.
2	Open the door. Stir. Close the door.		PRESS START will be displayed repeatedly.
3	Press the INSTANT COOK/START pad.	INSTANT COOK START	13.00 COOK The cooking time will begin counting down. When STIR COVER STAND is displayed, the oven will "beep".

Instant Action





The Instant Action allows you to cook or reheat several popular foods.
Follow the instructions provided in INSTANT ACTION MENU GUIDE on pages ⑥ and ⑦ of the cooking guides.

* Suppose you want to cook 2 Jacket Potatoes.

Step	Procedure	Pad Order	Display
1	Press the JACKET POTATO pad until desired quantity is displayed (for 2 pieces press twice).	JACKET POTATO x 2	After about 2 sec. 2PCS → 3. 15 COOK The cooking time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and TURN OVER will be displayed.
2	Open the door. Turn over potatoes. Close the door.		PRESS START will be displayed repeatedly.
3	Press the INSTANT COOK/ START pad.	INSTANT COOK START	1. 40 COOK The cooking time will begin counting down. When COVER STAND is displayed, the oven will "beep".

Express Defrost



1. Fish Fillets
2. Chicken Fillets
3. Sausages / Minced Meat

EXPRESS DEFROST rapidly defrosts 0.5 kg of specific foods. Follow the instructions provided in EXPRESS DEFROST MENU GUIDE on page ⑧ of the cooking guides.

* Suppose you want to defrost 0.5 kg of Chicken Fillets.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Chicken Fillets press twice).	EXPRESS DEFROST x 2	EP-2 DEFROST
2	Press the INSTANT COOK/ START pad.	INSTANT COOK START	2. 30 COOK DEFROST The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and TURN OVER will be displayed repeatedly.
3	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		PRESS START will be displayed repeatedly.
4	Press the INSTANT COOK/ START pad.	INSTANT COOK START	1. 00 COOK DEFROST The defrosting time will begin counting down. When COVER STAND is displayed, the oven will "beep".

Easy Defrost



1. Steak /Chops
2. Roast Meat
3. Poultry
4. Chicken Pieces

EASY DEFROST will automatically compute the microwave power and defrosting time.
Follow the instructions provided in EASY DEFROST MENU GUIDE on page ⑨ of the cooking guides.

* Suppose you want to defrost 1.0 kg of Chicken Pieces.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad until the desired menu number is displayed (for Chicken Pieces press four times).	**EASY DEFROST** x 4	 KG will flash on and off.
2	Press the number pads to enter weight.	1 0	 KG stops flashing and remains on display.
3	Press the INSTANT COOK/START pad.	**INSTANT COOK START**	 The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and TURN OVER COVER EDGE will be displayed repeatedly.
4	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.	**INSTANT COOK START**	 The defrosting time will begin counting down. When COVER STAND is displayed, the oven will "beep".

OTHER CONVENIENT FEATURES

Less/More Setting

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the "more" or "less" feature to either add (more) or reduce (less) cooking time.

The Less/More setting can be used to adjust the cooking time of the following features
– EXPRESS MEAL
– INSTANT ACTION
– EXPRESS DEFROST
– EASY DEFROST

(1) EXPRESS MEAL/INSTANT ACTION
* Suppose you want to cook 2 Jacket Potatoes (Instant Action) for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the JACKET POTATO pad twice.	JACKET POTATO x 2	2PCS
2	Press the POWER LEVEL pad twice within 2 seconds.	POWER LEVEL x 2	LESS

For EXPRESS MEAL select the menu using the desired EXPRESS MEAL pad instead of the INSTANT ACTION pad in step 1.

(2) EXPRESS DEFROST/EASY DEFROST
* Suppose you want to defrost 1.0kg of Chicken Pieces (Easy Defrost) for more time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad four times for Chicken Pieces.	EASY DEFROST x 4	ED-4 KG DEFROST
2	Press the number pads to enter weight.	1 0	1.0 KG DEFROST
3	Press the POWER LEVEL pad once.	POWER LEVEL x 1	MORE DEFROST
4	Press the INSTANT COOK/START pad.	INSTANT COOK START	20.32 COOK DEFROST

For EXPRESS DEFROST select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1 and go to step 3.

Timer

Use this feature as a general purpose timer. Examples include:
- timing boiled eggs cooked on the stove top.
- timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR and the display will return to showing the time of day.

* Suppose you want to set the timer for 3 minutes to boil an egg on the stove top.

Step	Procedure	Pad Order	Display
1	Enter desired time.	3 0 0	3.00
	Once the egg has come to the boil in the saucepan you can start the timer.		
2	Press the TIMER/CLOCK pad .	TIMER/CLOCK	3.00 The timer begins to count down. When the timer reaches zero, the oven will "beep". END will appear in the display.

Child Lock

If the oven is accidentally started with no food/liquid in the cavity, the oven could be damaged.

To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

To set the Child Lock, press the TIMER/CLOCK pad, 1 and press the INSTANT COOK/START pad and hold for 3 seconds. LOCK will appear in the display.
The Control Panel is now locked, each time a pad is pressed, the display will show "LOCK".

To unlock the control panel, press the TIMER/CLOCK pad, 1 and the STOP/CLEAR pad. The time of day is displayed and the oven is ready to use.

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press the TIMER/CLOCK pad , 0 and press the INSTANT COOK/START pad and hold for 3 seconds. DEMO will appear in the display.
Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show 1.00 and count down to zero at ten times the speed. When the timer reaches zero, END will appear in the display.

To cancel, press the TIMER/CLOCK pad, 0 and the STOP/CLEAR pad.

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times after 2 minutes.
If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:
The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:
Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

Touch Control Panel:
Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:
To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.
Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:
Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

1. Does the display light up? YES _______ NO _______
2. When the door is opened, does the oven lamp come on? YES _______ NO _______
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
   A. Does the oven lamp come on? YES _______ NO _______
   B. Does the cooling fan work? YES _______ NO _______
   (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? YES _______ NO _______
   (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   D. After one minute, did an audible signal sound and COOK indicator go off? YES _______ NO _______
   E. Is the water inside the oven hot? YES _______ NO _______

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.
If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: 1. If time in the display is counting down rapidly, check Demonstration Mode. (See page14 for details.)
2. If you cook the food over 40 minutes on 100%, the microwave power will be automatically reduced to avoid overcooking.

SPECIFICATIONS

AC Line Voltage	Single phase 220V, 50Hz
AC Power Required	1.65kW
Output Power	1200 W* (IEC test procedure)
Microwave Frequency	2450 MHz** (Class B/Group 2)
Outside Dimensions	520mm(W) x 310mm(H) x 447mm(D)
Cavity Dimensions	375mm(W) x 226mm(H) x 387mm(D)***
Oven Capacity	33 Litre***
Cooking Uniformity	Turntable (ø320mm tray) system
Weight	Approx. 16 kg

* This measurement is based on the International Electrotechnical Commission's standerdised method for measuring output power.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

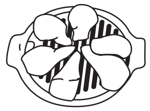
COOKING GUIDES



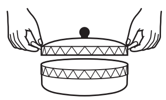
CONTENTS COOKING GUIDE

HELPFUL HINTS

1. THE ARRANGEMENT
Arrange foods carefully. Place thickest areas toward outside of dish.



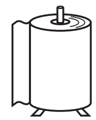
3. COVERING
Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating.
Use to cover foods:



LID



PLASTIC WRAP

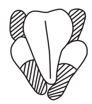


PAPER TOWEL

5. SHIELDING
Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.

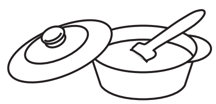


FISH



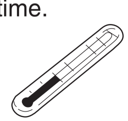
CHICKEN

7. STIRRING
Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.
Eg. Casseroles and Sauces.



9. DENSITY
The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

11. STARTING TEMPERATURE
Frozen or refrigerated foods take longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check cooking result at the minimum time.



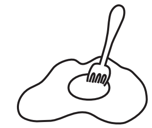
13. CONDENSATION
Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

2. TURNING
Foods such as poultry and joints of meat should be turned over after half the cooking time.

4. PIERCING
Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



TOMATO



EGG

6. STANDING TIME
Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

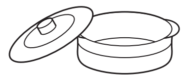
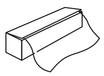
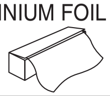
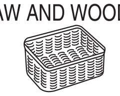
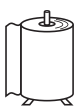
8. SIZE
Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

10. FAT AND BONE
Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

12. QUANTITY
Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

14. GENERAL
Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

COOKWARE AND UTENSIL GUIDE

Utensil	Use	Advice
GLASSWARE/CERAMIC (HEAT RESISTANT) 	YES	GLASSWARE • Ordinary glass is not suitable for cooking but may be used for short periods for heating foods. CERAMIC • Most ovenproof china, and ceramics, are suited. • Avoid dishes that are decorated with gold or silver leaf. • Avoid using antique pottery. • If unsure, check with the manufacturer.
METAL COOKWARE 	NO	• Metal cookware should be avoided when cooking in the microwave oven. • Microwave energy is reflected by metal.
PLASTIC WRAP/ OVEN BAGS (MICROWAVE SAFE ONLY) 	YES	• Plastic wrap can be used to cover food. • Some shrinkage of the wrap may occur, over an extended cooking time. • When removing wrap, lift it in such a way to avoid steam burns. • Do not tie oven bags with metal twist ties, substitute with string. • For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
ALUMINIUM FOIL 	FOR SHIELDING	• Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting. • Remove food in foil trays, if possible, and place in a microwave safe dish. • If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven.
STRAW AND WOOD 	NO	• Excessive over heating of these materials may cause a fire in the microwave oven.
PAPER 	YES	• Paper towels and waxed paper are suitable to use to prevent splatters. • These are suitable for use when reheating foods or for short cooking times.
PLASTIC COOKWARE MICROWAVE SAFE 	YES	• Ideal for cooking, reheating and defrosting. • Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
BROWNING DISH	YES	• Ensure that the preheating time of the dish is not exceeded. • Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.
THERMOMETERS • MICROWAVE SAFE • CONVENTIONAL	 YES NO	

EXPRESS MEAL RECIPES

The final cooking result will vary according to the food condition (e,g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

PASTA DISH

Pasta Bolognaise

250 g lean mince meat
1/2 cup shallots, finely sliced
1 cup mushroom, finely sliced
1 clove garlic, crushed
1 400g can chopped tomatoes
1/2 cup tomato paste
500 ml beef stock
1/2 cup dry red wine
1 bay leaf
1 tablespoon dried mixed herbs
300 g dried pasta
salt and pepper to taste
1/2 teaspoon sugar

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Cover with a lid and place on turntable.
3. Cook on EXPRESS MEAL "PASTA DISH"
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand covered for 3 mins.

Pasta Napolitana

1 400g can chopped tomatoes
2 tablespoons tomato paste
1 clove garlic, crushed
1/2 cup shallots, finely sliced
1 teaspoon sugar
500 ml hot water
1 teaspoons gourmet vegetable stock (Vegeta)
300 g dried pasta
salt and pepper to taste

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Cover with a lid and place on turntable.
3. Cook on EXPRESS MEAL "PASTA DISH"
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand covered for 3 mins.

Spaghetti Marinara

1 400g can chopped tomatoes
2 tablespoons tomato paste
1 clove garlic, crushed
1/2 cup shallots, finely sliced
250 g seafood marinara mix (chilled)
1 teaspoon sugar
500 ml chicken stock
1/2 cup dry white wine
300 g dried spaghetti, snapped in half

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Cover with a lid and place on turntable.
3. Cook on EXPRESS MEAL "PASTA DISH"
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand covered for 3 mins.

RISOTTO

Beef and Mushroom

250 g beef fillet, cubed or use veal
1 cup mushrooms, finely sliced
1/2 cup shallots, finely sliced
1 cup arborio rice
1 tablespoon tomato paste
1/2 cup dry white wine
2 1/2 cups of chicken stock
1 bay leaf
salt and pepper to taste

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Place on turntable uncovered.
3. Cook on EXPRESS MEAL "RISOTTO".
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand for 3 mins. Serve with parmesan cheese.

Seafood Risotto

300 g seafood marinara mix (chilled)
1 clove garlic, crushed
1/2 cup shallots, finely sliced
1 cup arborio rice
1/2 cup dty white wine
2 plum tomatoes, chopped
2 tablespoons tomato paste
2 1/2 cups of stock (fish or chicken)
salt and pepper to taste

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Place on turntable uncovered.
3. Cook on EXPRESS MEAL "RISOTTO".
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand for 3 mins.

Chicken Risotto

250 g cooked chicken, chopped
1/2 cup shallots, finely sliced
2 cups assorted finely chopped vegetables (eg. carrot, zucchini, mushroom, corn)
1 cup arborio rice
1/2 cup dry white wine
2 1/2 cups chicken stock
salt and pepper to taste

1. Place all ingredients in a 3 litre casserole dish (Corning ware®) and mix well.
2. Place on turntable uncovered.
3. Cook on EXPRESS MEAL "RISOTTO".
4. When oven stops with STIR displayed, stir and continue cooking.
5. After cooking, stir and stand for 3 mins.

CASSEROLE

Beef Casserole

500	g rump or blade steak, cut into strips
2	tablespoons flour
1/2	cup shallots, finely sliced
2	cups mushroom, finely sliced
1/4	cup red wine
1 1/2	cups beef stock
1	tablespoon cream
2	tablespoons tomato paste
1	bay leaf
1	sprig of rosemary
	salt and pepper to taste

1. In a freezer bag add flour and beef, and toss until the beef is evenly coated.
2. Add all ingredients including the beef to a 3 litre casserole dish (Corning ware®) and mix well.
3. Cover with a lid and place on turntable.
4. Cook on EXPRESS MEAL "CASSEROLE".
5. When oven stops with STIR displayed, stir and continue cooking.
6. After cooking, stir and stand covered for 3 mins.

Chicken Casserole

500	g chicken breast, cut into strips
2	tablespoons flour
1/2	cup shallots, finely sliced
1	clove garlic, crushed
1	stick celery, finely sliced
2	cups mushroom, sliced
1/2	cup dry white wine
1	400g can chopped tomatoes
1	teaspoon dried oregano
1	sprig rosemary
	salt and pepper to taste

1. In a freezer bag add flour and chicken, and toss until the chicken is evenly coated.
2. Add all ingredients including the chicken to a 3 litre casserole dish (Corning ware®) and mix well.
3. Cover with a lid and place on turntable.
4. Cook on EXPRESS MEAL "CASSEROLE".
5. When oven stops with STIR displayed, stir and continue cooking.
6. After cooking, stir and stand covered for 3 mins.

Springtime Lamb Casserole

500	g lamb, cubed
1	packet French onion soup
1	tablespoon flour
3	spring onions, quartered
2	carrots, finely sliced
2	sticks celery, finely sliced
1	can 310 g corn
1 1/2	cups chicken stock
2	teaspoons fresh parsley or 1 teaspoon dried parsley
1	sprig of fresh rosemary or 1 teaspoon dried rosemary
	salt and pepper to taste

1. In a freezer bag add flour, French onion soup and lamb, and toss until the lamb is evenly coated.
2. Add all ingredients including the lamb to a 3 litre casserole dish (Corning ware®) and mix well.
3. Cover with a lid and place on turntable.
4. Cook on EXPRESS MEAL "CASSEROLE".
5. When oven stops with STIR displayed, stir and continue cooking.
6. After cooking, stir and stand covered for 3 mins.

INSTANT ACTION MENU GUIDE

The final cooking result will vary according to the food condition (e,g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

Menu	Quantity (Unit per pressing each INSTANT ACTION pad)	Initial Temperature (approx.)	Procedure	Standing Time (minutes)
Dinner Plate	1 serve (1 serve, approx. 400 g)	+3°C Refrigerated	• Cover with plastic wrap. • After cooking, stand covered.	2
Beverage (reheat) includes: Tea, Coffee, Water	1–4 cups (1 cup, 250 ml)	+ 20°C Room temperature	• No cover • Place on the outside of turntable. • After reheating, stir.	
Fresh Vegetables Carrots, Potato } hard vegetables Beans, Brussels Sprouts, Broccoli, Cauliflower } medium vegetables Zucchini, Spinach, Cabbage } soft vegetables	0.2–1.0 kg (0.2 kg)	+ 3°C Refrigerated	• Wash the vegetables. • Cut potatoes into small pieces. • Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with glass lid or plastic wrap. • After cooking, stir then stand covered. NOTE: Use MORE setting for potato.	1 - 5

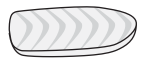
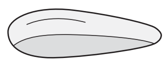
Dinner Plate composition:

MEAT	POTATO	VEGETABLES
175-180g	125g	100g
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli

Menu	Quantity (Unit per pressing each INSTANT ACTION pad)	Initial Temperature (approx.)	Procedure	Standing Time (minutes)
Frozen Vegetables Carrots — hard vegetables Beans, Brussels Sprouts, Broccoli, Cauliflower — medium vegetables Corn, Green Peas, Mixed Vegetables — soft vegetables	0.2-1.0 kg (0.2 kg)	– 18°C Frozen	• Before cooking, separate vegetables eg. broccoli as much as possible. • Arrange the vegetables in a shallow dish in the following way : hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with a glass lid or plastic wrap. • After cooking, stir then stand covered.	1 - 5
Jacket Potato Potato (whole)	1 - 8 pieces (1 piece, approx. 180 - 200 g)	+ 20°C Room temperature	• Use washed new potatoes. • Pierce twice with fork on each side. • Place on outside of turntable. • The oven will "beep" and stop. TURN OVER will be displayed. Turn potatoes over and press start to continue cooking. • After cooking , stand, covered with aluminium foil.	3 - 10
Rice / Pasta includes: White Rice Dry Pasta	1–4 serves (1 serve, 1/2 cup)	approx. + 60°C hot tap water or soup stock	• Wash rice thoroughly until water runs clear. • Place into a Pyrex® bowl and cover with hot soup stock (for rice) or with hot tap water (for rice or pasta). • Cook uncovered. • The oven will "beep" and stop. STIR will be displayed. Stir and press start to continue cooking. • After cooking, stand and stir.	3 - 5

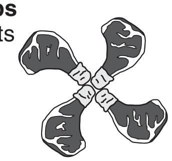
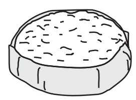
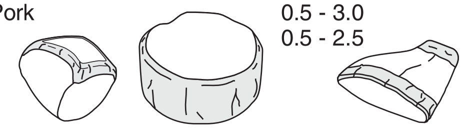
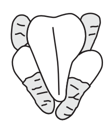
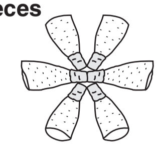
Serve	1 serve	2 serves	3 serves	4 serves
Rice/Pasta	1/2 cup	1 cup	1 1/2 cups	2 cups
Soup stock or Hot tap water for Rice	2 cups	2 1/2 cups	3 cups	4 cups
Hot tap water for Pasta	2 cups	2 1/2 cups	3 cups	4 cups

EXPRESS DEFROST MENU GUIDE

NO.	Menu	Quantity (kg's)	Procedure	Standing Time (minutes)
1	**Fish Fillets** 	0.5	• Place fish fillets on a defrost rack. • The oven will "beep" and stop, TURN OVER will be displayed repeatedly. Turn over and separate into pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5
2	**Chicken Fillets** 	0.5	• Place chicken fillets on a defrost rack. • The oven will "beep" and stop, TURN OVER will be displayed repeatedly. Turn over and separate into pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5
3	**Sausages / Minced Meat** 	0.5	• Place sausages / minced meat on a defrost rack. • The oven will "beep" and stop, TURN OVER will be displayed repeatedly. Remove defrosted portions of mince, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5

NOTE: When freezing minced meat, shape it into flat even sizes.
For fish fillets, chicken fillets and sausages, freeze separately in single flat layers and if necessary separate into layers with freezer plastic. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

EASY DEFROST MENU GUIDE

NO.	Menu	Quantity min-max (kg's)	Procedure	Standing Time (minutes)
1	**Steak/Chops** Fish Fillets 	0.1 - 3.0 0.1 - 1.0	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible. • The oven will "beep" and stop, TURN OVER COVER EDGE will be displayed repeatedly. Remove defrosted pieces, turn over and shield the warm portions of remaining pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 30 (Steak / Chops) 5 - 15 (Fish Fillets)
	Minced Meat Beef 	0.1 - 3.0	• Place frozen minced meat on a defrost rack. Shield edges. • The oven will "beep" and stop, TURN OVER COVER EDGE will be displayed repeatedly. Remove defrosted portions of mince, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 30
2	**Roast Meat** Beef/Pork Lamb 	 0.5 - 3.0 0.5 - 2.5	• Shield the bone and the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on a defrost rack. • The oven will "beep" and stop, TURN OVER COVER EDGE will be displayed repeatedly. Turn over and shield the warm portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 60
3	**Poultry** 	1.0 - 4.0	• Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on a defrost rack. • The oven will "beep" and stop, TURN OVER COVER EDGE will be displayed repeatedly. Turn over and shield the warm portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil. N.B. After standing run under cold water to remove giblets if necessary.	5 - 50
4	**Chicken Pieces** 	0.1 - 3.0	• Shield the exposed bone with foil. • Place chicken pieces on a defrost rack. • The oven will "beep" and stop, TURN OVER COVER EDGE will be displayed repeatedly. Remove any defrosted pieces, turn over and shield the warm portions of remaining pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 15

Food not listed in the Guide can be defrosted using 30 % setting.
NOTE: When freezing minced meat, shape it into flat even sizes.
For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

RECIPES

INDEX

LASAGNE

Serves 8

MEAT SAUCE INGREDIENTS

30 g butter
1 onion, chopped
1 kg topside mince
1/4 cup tomato paste
300 g jar neopolitana sauce
1 cup fresh button mushrooms, sliced
2 cloves garlic, crushed (optional)
1 tablespoon fresh oregano
Salt and pepper to taste

CHEESE SAUCE INGREDIENTS

90 g butter
1/3 cup flour
1 3/4 cups milk
125 g tasty cheese, grated
200 g packet instant lasagne noodles
100 g mozzarella cheese, grated

MEAT SAUCE METHOD

1. Place butter and onion in a large Pyrex bowl. Cook for 2-3 minutes on HIGH.
2. Stir in mince. Cook, uncovered, for 10-12 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain excess fat.
3. Stir in tomato paste, neopolitana sauce, mushrooms, garlic, oregano and salt and pepper.

CHEESE SAUCE METHOD

1. Melt butter in a medium sized Pyrex bowl for 40-50 seconds on HIGH. Stir in flour; cook for further 40-50 seconds on HIGH.
2. Gradually stir in milk. Cook for 4-6 minutes on HIGH, stirring every minute.
3. Stir in tasty cheese.

TO ASSEMBLE

1. Use a 3-litre deep casserole dish.
2. Stand lasagne sheets in hot water for 5 minutes.
3. Spoon meat sauce to just cover base of dish. Cover with a single layer of Lasagne sheets.
4. Spoon over sheets one-third of meat sauce. Cover with one-third of cheese sauce.
5. Repeat the process 3 times, ending with the cheese sauce.
6. Sprinkle with mozzarella cheese.
7. Cook for 8 minutes on MEDIUM HIGH with the lid on. Remove lid and continue cooking for a further 10 minutes on MEDIUM HIGH.
8. Allow to stand 8 minutes before serving.
9. Serve with a fresh garden salad and bread.

GOLDEN CURRY SAUSAGES

Serves 4-6

1 kg sausages
1 onion, finely sliced
2 tablespoons butter
3 teaspoons curry powder
$1\frac{1}{2}$ cups water
2 tablespoons plain flour
1 carrot, grated
2 tablespoons Worcestershire sauce
1 tablespoon brown sugar
2 tablespoons brown vinegar

1. Pierce sausages with a fork twice. Arrange on a microwave safe rack.
2. Cook sausages for 14-16 minutes on MEDIUM, turning halfway through cooking. After cooled, slice into rounds.
3. Mix sugar, vinegar, curry powder, flour, Worcestershire sauce and water together in a jug.
4. In a 3-litre casserole dish combine butter, onions and cook for 2-3 minutes on HIGH, or until onions become transparent.
5. Add carrot, sausages and sauce. Mix well and cook for an extra 6-7 minutes on MEDIUM.
6. Serve hot with Basmati rice and pappadums.

SHEPHERD'S PIE

Serves 6-8

4 large potatoes (approx.1 kg)
butter
milk
2 tablespoons fresh chives, chopped
salt and pepper
1 kg minced beef
1 onion, chopped
2 tablespoons gravy powder
250 g frozen mixed vegetables
1 tablespoon Worcestershire sauce
1 can chopped tomatoes
2 tablespoons parsley
60 g grated chedder cheese
salt and pepper to taste

1. Peel and cut potatoes into 2.5 cm cubes. Place in a large bowl. Add 2 tablespoons water; cover and cook for 12-14 minutes on HIGH or until tender. Stir halfway through cooking. Drain.
2. Mash potatoes; add butter, milk, chives, salt and pepper until it forms a smooth consistency.
3. In a large bowl, combine mince and onion and cook for 8 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain juices from meat.
4. Place frozen mixed vegetables in a shallow dish and cook for 2 minutes on HIGH.
5. Add gravy powder, mixed vegetables, Worcestershire sauce, tomatoes, parsley and seasoning. Mix well.
6. Spoon mixture into a 25 x 20 cm rectangular dish.
7. Spread mashed potato evenly over top of mixture. Sprinkle cheese on top.
8. Cook for 20-22 minutes on MEDIUM HIGH.
9. Allow to stand covered with foil for 10 minutes before serving.

VEAL AND EGGPLANT

Serves 4-6

750 g veal, diced
1 large eggplant, cubed
1 tablespoon flour
2 teaspoons fresh sage
black pepper to taste
1 teaspoon chicken stock powder
4 rashers bacon, chopped
3 shallots, sliced
1 yellow capsicum, sliced
420 g can peeled tomatoes
2 tablespoons continental parsley, chopped
2 tablespoons tomato paste

1. Place flour, sage, stock powder, pepper and veal into a freezer bag, toss well to coat the veal.
2. Transfer the meat and any flour remaining in the bag to a 3-litre casserole dish.
3. Add the bacon, shallots, tomatoes, capsicum, tomato paste and eggplant (aubergine). Mix well. Cover and cook for 25-32 minutes on MEDIUM, stirring 2-3 times during cooking.
4. Sprinkle with parsley and serve with rice and Kalamata olives.

ITALIAN SPAGHETTI SAUCE

Serves 4-6

500 g topside mince
1 onion, chopped
2 cloves garlic, crushed
410 g can whole tomatoes
1/2 cup tomato paste
100 g mushrooms, sliced
1 tablespoon chopped parsley
1 tablespoon fresh oregano leaves
1 tablespoon fresh basil leaves

1. Mix mince, onion and garlic together in a large bowl. Cook for 7-9 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain well.
2. Stir in canned tomatoes, tomato paste, mushrooms, parsley, salt, oregano and basil.
3. Cook a further 6-8 minutes on MEDIUM HIGH. Stir halfway through cooking.
4. Serve over hot spaghetti.

INDIAN CURRY LAMB

Serves 4-6

1 small sweet potato, cubed
1 onion, thinly sliced
1 kg lamb, trimmed and cubed
1 cup chicken stock
1 teaspoon chicken stock powder, extra
1 tablespoon curry paste
300 g can of chickpeas
3 cubed zucchini
2 tablespoons fresh coriander or parsley, chopped

1. Place onion and curry paste in a dish, cook for 1 minute on MEDIUM HIGH.
2. Place onion, lamb, sweet potato, chicken stock and stock powder into a 3-litre casserole dish.
3. Cover and cook for 28-30 minutes on MEDIUM, stirring twice during cooking.
4. Add zucchini and cook for a further 1-2 minutes on HIGH.
5. Combine lamb, canned chickpeas and stock mixture in a 3-litre casserole dish and cover.
6. Heat through for 6-8 minutes on MEDIUM.
7. Stir through coriander, and serve.

CHILLI CON CARNE

Serves 4-6

1 kg mince
1 large onion, finely chopped
825 g can peeled tomatoes
salt and pepper
1-2 teaspoons chilli powder
1 tablespoon vinegar
1 teaspoon sugar
375 g jar tomato paste
425 g can red kidney beans, drained

1. Mix mince and onion together in a large bowl. Cook for 10-12 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain excess liquid.
2. Stir in tomatoes, salt and pepper, chilli powder, vinegar, sugar, tomato paste and kidney beans.
3. Cook for 18-20 minutes on MEDIUM HIGH, stirring twice during cooking.
4. Serve with boiled rice.

HONEY ROAST LAMB

Serves 4-6

1.5 kg leg lamb
3 tablespoons honey
1 tablespoon Dijon mustard

1. Combine honey and Dijon mustard. Brush over lamb.
2. Place fat-side down on a roasting rack.
3. Cook for 26-28 minutes on MEDIUM HIGH (for medium) or 32-34 minutes on MEDIUM HIGH (for well done).
4. Turn over halfway through cooking shielding shank with foil to prevent overcooking. Brush combined ingredients over leg of lamb. Allow to stand for 10 minutes covered with foil before carving.

APPLE AND SAGE PORK

Serves 4-6

1.5 kg boned loin pork (with rind on)
1 - 2 cups sage and onion stuffing mix
1/2 cup dried apples, chopped
8 - 10 prunes, pitted and chopped
125 g toasted silvered almonds

1. Following instructions on the packet prepare stuffing.
2. Add apples, prunes and almonds. Mix well.
3. Pack loosely down the centre of meat. Roll up tightly and secure with string.
4. Sprinkle rind with salt.
5. Place the meat on a small roasting rack fat side down in a casserole dish, and place on turntable.
6. Cook on MEDIUM for 32-36 minutes, turning halfway through cooking.
7. After cooking, stand covered with aluminium foil for 8 minutes before carving.

APRICOT LAMB

Serves 4-6

1.5 kg loin of forequarter lamb (deboned)
1 packet dried apricots
250 ml apricot nectar
1 tablespoon cornflour

1. Unroll meat. Place dried apricots down the centre 2 rows deep.
2. Roll up tightly and secure with string.
3. Mix apricot nectar with cornflour and heat for 1-2 minutes on HIGH or until it boils. Allow to cool slightly.
4. Pour apricot juice over the meat and marinade for 1- 2 hours.
5. Remove meat from the marinade, place the meat on a small roasting rack fat side down in a casserole dish.
6. Cook on MEDIUM for 32-36 minutes, turning halfway through cooking.
7. After cooking, stand covered with aluminium foil for 8 minutes before carving.

FRUITY BEEF

Serves 4-6

1.5 kg topside beef

SEASONING INGREDIENTS

1 1/2 cups stuffing mix
water to mix

SAUCE INGREDIENTS

125 ml fruit chutney
1 tablespoon oil
1 tablespoon Worcestershire Sauce
1 tablespoon curry powder
2 teaspoons mustard powder
1 tablespoon sweet sherry

1. Prepare beef to be seasoned by cutting a pocket in the centre.
2. Mix sauce ingredients together and put to one side.
3. Prepare enough seasoning by following instructions on the packet. Place loosely into prepared pocket. Tie meat with string.
4. Brush sauce over meat. Place the meat on a small roasting rack fat side down in a casserole dish.
5. Cook on MEDIUM for 32-36 minutes, turning halfway through cooking .
6. After cooking, stand covered with aluminium foil for 8 minutes before carving.

NOTE: Baste meat 2- 3 times during cooking with prepared sauce.

CORNED MEAT

Serve 4-6

1.5 kg meat
2 tablespoon brown sugar
2 tablespoon malt vinegar
3 cups hot tap water

1. Place meat in a casserole dish just large enough to contain it.
2. Add sugar, vinegar and water, cover with a casserole lid.
3. Cook for 55-60 minutes on MEDIUM.
4. Turn over halfway through cooking.
5. Allow to stand covered with foil for 5-10 minutes.
6. Serve hot or cold as required.

POULTRY

CHICKEN IN A POT

Serves 4-6

1.5 kg chicken thighs
1/4 cup plain flour
2 rashers bacon, finely chopped
1 green capsicum, diced
1 onion, finely chopped
425 g can peeled tomatoes
2 tablespoons tomato paste
2 chicken stock cubes
1 tablespoon soy sauce
salt and pepper
200 g mushrooms, sliced

1. Toss chicken thighs in flour.
2. Combine all ingredients, except mushrooms, in a 3-litre casserole dish.
3. Cover and cook for 27-30 minutes on MEDIUM HIGH. Stir 2-3 times during cooking.
4. Add mushrooms. Cook, uncovered, a further 5-7 minutes on MEDIUM HIGH.

CHICKEN FILLET BURGERS

Serves 4

2 chicken breast fillets
1 pkt of chicken coating mix
30 g melted butter

TOPPING 1 HAWAIIAN

1 slice ham, sliced in half
2 slices pineapple, sliced in half
3 slices cheddar cheese

TOPPING 2 MEDITERRANEAN

4 pieces of prosciutto
4 pieces of marinated vegetables such as eggplant or roast capsicum
1/4 cup grated vintage cheese
1/4 cup Parmesan cheese

1. Brush fillets with butter.
2. Place chicken and seasoning mix into a freezer bag. Toss to coat chicken.
3. Place chicken fillets onto a roasting rack.
4. Cook for 6-8 minutes on MEDIUM HIGH, turning halfway through cooking.
5. Layer topping on chicken, finishing with cheese.
6. Cook for 4-6 minutes on MEDIUM.
7. Serve on a roll with salad.

CHICKEN WITH BACON AND LEEK SEASONING

Serves 4

No.15 chicken
60 g butter, melted
1 leek, finely chopped
1 rasher bacon, chopped
3/4 cup wholemeal breadcrumbs
1 egg yolk
salt and pepper
20 g butter, melted, extra

1. Combine butter, leek and bacon in a bowl. Cook for 1-2 minutes on HIGH.
2. Stir in breadcrumbs, egg yolk and seasonings. Mix well.
3. Fill cavity of chicken with stuffing and secure with a toothpick.
4. Brush chicken with extra melted butter.
5. Place chicken on a rack, breast-side down, cook for 10-12 minutes on MEDIUM HIGH.
6. Turn over, cook a further 10-12 minutes on MEDIUM HIGH.
7. Stand covered with foil for 10 minutes before carving.

CHICKEN PENNE SALAD

Serves 6

No.15 chicken
20 g butter
1 packet picador cheese (soft capsicum - flavoured cheese)
1 cup chicken stock
1/2 red capsicum, chopped
1/2 yellow capsicum, chopped
1 stick celery, chopped
2 cups penne pasta
4 cups hot tap water
1 tablespoon fresh chives

1. Brush chicken with butter melted for 20 seconds on HIGH.
2. Cook chicken for 28-32 minutes on MEDIUM HIGH turning over halfway through cooking.
3. Cool and then remove chicken flesh from the bone.
4. Cook pasta in a large bowl for 15-16 minutes on HIGH. Stand for 5 minutes, stir and strain. Set aside to cool.
5. Melt cheese by combining with chicken stock in a bowl and cooking on HIGH for 2 minutes.
6. Combine all other ingredients and mix well with chicken, pasta and sauce.

HONEY CHICKEN LEGS
Serves 4

250 mL soy sauce
4 tablespoons honey
1 tablespoon lemon juice
1 clove garlic, crushed
1/2 teaspoon freshly grated ginger
2 tablespoons oil
8 large chicken legs
sesame seeds

1. Combine soy sauce, honey, lemon juice, garlic, ginger and oil in a small bowl. Pour over chicken and marinate for 2-3 hours.
2. Sprinkle with sesame seeds.
3. Arrange chicken legs on a roasting rack. Cook for 16-20 minutes on MEDIUM HIGH, turning over halfway through cooking.
4. Allow to stand for 5 minutes.

CRUNCHY CAMEMBERT CHICKEN
Serves 6

125 g camembert cheese, finely chopped
2 rashers bacon, finely chopped
1/2 cup toasted, slivered almonds
2 tablespoons seeded mustard
No.15 chicken
2 tablespoons honey

1. Mix camembert, bacon, almonds and 1 tablespoon mustard together.
2. Press camembert mixture between skin and flesh of chicken. Tie chicken legs together.
3. Mix remaining mustard and honey. Brush over chicken.
4. Place breast side down on a roasting rack, cook for 25-30 minutes on MEDIUM HIGH. Turn over halfway through cooking.
5. Allow to stand covered with foil for 10 minutes before serving.

ROAST CHICKEN
Serves 4

No.15 chicken
30 g butter, melted
Season All salt

1. Wash and dry chicken well.
2. Tie legs of chicken together with string.
3. Place breast-side down on a roasting rack.
4. Baste with butter and sprinkle with Season All salt.
5. Cook for 8-13 minutes on MEDIUM HIGH.
6. Turn chicken over. Baste with butter and sprinkle with Season All salt.
7. Cook a further 8-13 minutes on MEDIUM HIGH.
8. Allow to stand covered with foil for 10 minutes before serving.

SEASONED CHICKEN PARCELS
Serves 4

3 spring onions, chopped finely
1/2 cup fresh (white) bread crumbs
1 clove garlic, crushed
1 egg yolk
1/2 cup pine nuts, chopped finely
100 g bacon
3/4 cup vintage cheddar, grated
2 tablespoons finely chopped fresh basil
4 large single chicken breasts
20 g melted butter
salt and pepper to taste

1. Mallet chicken breasts until flat.
2. Mix all other ingredients in a small bowl.
3. Season each chicken breast and place mixture in the centre.
4. Roll and tie chicken with string so as no filling is exposed.
5. Place in casserole dish and brush with butter.
6. Cook for 8-10 minutes on MEDIUM HIGH. Turn over halfway during cooking.
7. Stand for 5 minutes, covered in foil.

TANDOORI CHICKEN
Serves 4-6

2 fresh red chillies, seeded
1 onion
2 cloves garlic, crushed
2 teaspoons crushed ginger
2 tablespoons lemon juice
2 teaspoons ground cumin
1/2 teaspoon black pepper
3 teaspoons ground coriander
2 whole cloves
1/4 teaspoon cinnamon
1 bay leaf
1/2 teaspoon turmeric
1/2 teaspoon nutmeg
2 teaspoons paprika
6 chicken thighs, skin removed
200 g low-fat yoghurt

1. In a Food Processor, pureé chillies, onion, garlic, ginger and lemon juice until smooth.
2. Mix cumin, pepper, coriander, cloves, cinnamon, bay leaf, turmeric, nutmeg and paprika in a small bowl.
3. Cook for 1 minute on HIGH, stirring halfway through cooking. Remove bay leaf and cloves.
4. Combine chilli mixture, spices and yoghurt together. Spread over chicken.
5. Cover and marinate overnight, stirring occasionally.
6. Place on a roasting rack, cook for 19-21 minutes on MEDIUM HIGH. Turn over halfway through cooking.
7. Serve with boiled rice.

SEAFOOD

SEAFOOD LAKSA

Serves 4-6

1 tablespoon lemon grass, finely sliced
270 mL coconut cream
2 fish fillets or 300 g king prawns or both
1 tablespoon oil
1-2 tablespoons Laksa paste
1 tablespoon fish sauce
1 packet of bean shoots
2 cloves garlic minced
1 packet of vermicelli noodles
1,125 mL Fish Stock

1. In a large bowl cook Laksa paste, oil, lemon grass, and garlic for 1 minute on HIGH stirring once during cooking.
2. Add fish sauce, fish stock and cook for 3 minutes on HIGH.
3. Add cubed fish and or deveined prawns and cook for 7 minutes on MEDIUM. Stir through coconut cream and cook for a further 4-5 minutes.
4. Add noodles to a large bowl of boiling water and let stand for 5-10 minutes, or until noodles collapse.
5. In a serving bowl place bean shoots, noodles and then Laksa soup.
6. Garnish with freshly torn coriander and fried onion flakes.

SMOKED SALMON TAGLIATELLE

Serves 4

500 g tagliatelle pasta
60 g butter
100 g smoked salmon
200 g snow peas, trimmed
100 g button mushrooms, finely sliced
2 cloves fresh garlic, crushed
2 small shallots, finely sliced
600 g thickened cream
1 tablespoon fresh dill
1 cup parmesan cheese

1. Place tagliatelle in a large bowl with 6 cups of hot tap water. Cook for 10-12 minutes on HIGH, stirring halfway. Stand for 5 minutes then drain.
2. In a large bowl cook garlic, butter and shallots for 1 minute on HIGH.
3. Add trimmed whole snow peas and button mushrooms, and cook for a further 2 minutes on HIGH.
4. In a large microwave safe bowl, place cream and cook for 5 minutes on MEDIUM, stirring once during cooking.
5. In a large shallow dish, cambine pasta, snow peas, button mushrooms, smoked salmon and dill. Stir gently until the pasta is well coated
6. Sprinkle with parmesan cheese and cook for 2 minutes on HIGH.

CHEESY SALMON CANNELLONI

Serves 4-6

1 large packet cannelloni
250 g ricotta cheese
90 g cheddar cheese
salt and pepper to taste
2 eggs lightly beaten
210 g red salmon, drained with bones removed
2 teaspoons lemon juice
2 tablespoons fresh parsley, chopped
2 tablespoons of extra cheddar cheese
375 g jar pasta sauce

1. Combine ricotta cheese, cheddar cheese, salt and pepper, eggs, salmon and lemon juice and mix well.
2. Place spoonfuls of salmon mixture into cannelloni shells until full.
3. Place in a single layer in a shallow dish.
4. Pour pasta sauce over cannelloni and smooth over with the back of a spoon to ensure all sections of pasta are covered with sauce.
5. Cook for 14 minutes on MEDIUM HIGH.
6. Remove dish and sprinkle with extra cheese. Continue cooking on MEDIUM HIGH for a further 2-4 minutes. Allow to stand for 10 minutes before serving.
7. Sprinkle with chopped parsley to serve.

GARLIC PRAWNS

Serves 4

24 green king prawns
3 tablespoons butter
3 cloves garlic, crushed
1 tablespoon chopped parsley

1. Peel and devein prawns, leaving tails in tact.
2. Combine butter and garlic. Cook for 1 minute on HIGH.
3. Stir in prawns and cook for 4-6 minutes on MEDIUM, tossing every 2 minutes.
4. Serve in individual dishes sprinkled with parsley.

CHILLI PRAWNS WITH SNOW PEAS

Serves 4

1 tablespoon butter
32 green prawns, peeled and deveined
1 small red capsicum (sweet pepper), cut into 2 cm strips
1 tablespoon chopped fresh chives
1 teaspoon chilli sauce
grated rind of 1 lemon
freshly ground black pepper to taste
100 g snow peas, topped and tailed

1. Place the butter into a large microwave-safe bowl. Heat for 30 seconds on HIGH, until melted.
2. Add the prawns, capsicum, chives, chilli sauce, lemon rind and black pepper. Mix well. Cook for 4-6 minutes on MEDIUM, stirring every minute.
3. Stir in the snow peas. Cook for 1-3 minutes on MEDIUM.
4. Serve immediately with rice.

SESAME PRAWNS

Serves 4

250 g prawns, peeled and deveined
1 tablespoon sesame oil
1 clove garlic, crushed
2 teaspoons kecap manis
1 tablespoon sesame seeds

1. Peel prawns, leaving tails intact, and devein.
2. Combine the prawns, oil, garlic and kecap manis in a large bowl and stir well. Cover and refrigerate for at least 2 hours.
3. Thread the prawns onto microwave safe skewers and place on to a microwave safe roasting rack.
4. Sprinkle one side of the skewered prawns with half the sesame seeds. Cook for 3-5 minutes on MEDIUM, turning after 2 minutes.

LEMON FISH FILLETS

Serves 4

1 kg fish fillets
1 tablespoon lemon juice
1 tablespoon butter
salt and pepper to taste

1. Arrange in a flan dish or a casserole dish in a single layer. (Fold under the thin edges of the fish.)
2. Top with lemon juice and butter.
3. Cover with plastic wrap or glass lid.
4. Cook for 10-12 minutes on MEDIUM HIGH.
5. Allow to stand covered for 1-3 minutes.

CRAB MORNAY

Serves 6

350 g fresh crabmeat or 2 x 170 g cans crab meat, drained
5 cloves garlic, crushed
60 g butter
1/3 cup plain flour
1/2 teaspoon dry mustard
2 cups milk
1 onion, finely chopped
1/2 cup grated cheese
4 tablespoons tomato sauce
1/2 teaspoon tobasco
2 teaspoons Worcestershire sauce
3 tablespoons cream

1. In a large bowl, melt butter for 30 seconds on HIGH. Stir in flour and mustard. Cook for a further 1 minute on HIGH.
2. Gradually stir in milk. Cook for 4 minutes on HIGH, stirring every minute.
3. Stir in onion, crab meat, salt and pepper, 1/4 cup cheese, tomato sauce, tabasco, Worcestershire sauce, cream and garlic.
4. Place into a 1-litre serving dish. Sprinkle with remaining cheese.
5. Cook for 8-10 minutes on MEDIUM.
6. Serve in volavaunt shells with a garden salad.

GARLIC MUSSELS

Serves 4 as entree

250 g mussels
250 g New Zealand mussels
1 cup wine
2 cups water
1 clove garlic, crushed

GARLIC BUTTER

2 tablespoons butter
2 tablespoons olive oil
2 cloves garlic, crushed
pepper

1. Wash mussels under running water; remove all traces of mud, seaweed and barnacles with brush or knife; remove beards. Discard cracked, broken or open mussel shells.
2. In a large bowl, cover mussels with wine, water and garlic. Cook for 8 minutes on MEDIUM or until open, removing from liquid as they open. Discard unopened mussels.

GARLIC BUTTER

1. Melt butter in jug for 30 seconds on HIGH, add oil, garlic and pepper. Pour 1/2 garlic sauce over mussels; toss well.
2. Arrange mussels in serving bowl and pour remaining sauce over mussels.

VEGETABLES

CAULIFLOWER AU GRATIN

Serves 4-6

500 g cauliflower florets
30 g butter
2 tablespoons flour
1 cup milk
1 teaspoon mustard
1/2 cup grated cheese
paprika

1. Place cauliflower in a flan dish. Cover and cook for 4-6 minutes on HIGH, until tender. Drain.
2. Melt butter in a Pyrex bowl for 30-40 seconds on HIGH.
3. Stir in flour. Cook for 1 minute on HIGH.
4. Gradually stir in milk and mustard. Cook for 2-2 1/2 minutes on HIGH, stirring every minute.
5. Stir in cheese until melted.
6. Pour over cauliflower. Sprinkle with paprika.
7. Cook for 2-4 minutes on MEDIUM HIGH.

EASY HOME-MADE RISOTTO

Serves 6-8

1 onion, diced
60 g butter
4 rashers bacon, diced
(or 1 cup cooked chicken or ham)
3 chicken or beef stock cubes
2 cups boiling water
1 cup long-grain rice, washed well
1 cup assorted finely chopped vegetables, e.g. carrots, zucchinis, mushrooms

1. Place onion, butter and bacon in a 3-litre casserole dish. Cook for 2-3 minutes on HIGH. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 15-18 minutes on HIGH. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.

SCALLOPED POTATOES

Serves 4-6

3 large potatoes (approx. 500 g), peeled and sliced thinly
1/2 large onion, sliced
1 cup grated tasty cheese
250 ml thickened cream
paprika
salt and pepper to taste

1. In a medium casserole dish, place 1/3 of the sliced potatoes to cover the dish.
2. Layer 1/2 of the sliced onion on top.
3. Sprinkle 1/3 of the grated cheese over the onion.
4. Repeat with second layer of potatoes, onion and cheese.
5. Finish with a layer of potatoes and pour over thickened cream.
6. Top with remaining cheese, salt and pepper to taste, sprinkle with paprika.
7. Cook uncovered for 10 minutes on MEDIUM HIGH.
8. Cook for a further 7 minutes on MEDIUM.
9. Stand for 5 minutes before serving.

HONEY CARROTS

Serves 4

500 g carrots, sliced lengthwise
60 g butter
1 tablespoon honey
1 teaspoon garlic, minced
1 teaspoon sesame seeds

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 4-5 minutes on HIGH. Stir halfway through cooking.
3. Stand covered for 3 minutes before serving.
4. Sprinkle with toasted sesame seeds.

VEGETABLE PLATTER

Serves 4

200 g carrots, sliced
200 g broccoli, cut into florets
100 g zucchini, sliced

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Cover with a lid or plastic wrap.
3. Cook for 3-5 minutes on HIGH.
4. Stand covered for 3 minutes, before serving.

POTATO, AVOCADO AND ONION SALAD

Serves 6

1 kg small new potatoes
1 large onion, sliced into rings
1 tablespoon caster sugar
1 tablespoon butter
$^1/_2$ cup mayonnaise
150 mL sour cream
black pepper
1 large avocado, cubed
chives, for garnish

1. Cut unpeeled potatoes in half. Place in a large dish and cover with water. Cook, covered with a lid, for 12-16 minutes on HIGH (potatoes should be tender but holding their shape). Drain.
2. Place onion rings, caster sugar and butter in a Pyrex dish. Cook for 3-4 minutes on HIGH, stirring twice.
3. Combine mayonnaise, sour cream and black pepper. Pour over potatoes.
4. Toss in onions and avocado; sprinkle with chives.

STUFFED BAKED POTATOES

Serves 4

4 large potatoes
$^1/_4$ cup milk
$^1/_4$ cup cream
$^1/_2$ cup grated cheddar cheese
30 g butter
2 teaspoons dried parsley flakes
$^1/_4$ teaspoon dry mustard
paprika

1. Pierce potatoes with a fork; place on turntable. Cook for 10-12 minutes on HIGH. Stand in foil for 5 minutes.
2. Cut a thin slice from top of each potato; scoop out cooked potato with a spoon, leaving a thin shell.
3. Stir milk, cream, half the cheese, butter, parsley, mustard and potato. Mix well until no lumps remain.
4. Spoon mixture into each potato shell. Place on a plate.
5. Sprinkle with remaining cheese and paprika. Cook for 4-5 minutes on HIGH, until cheese is melted.

PUMPKIN SALAD

Serves 6-8

1 kg pumpkin, peeled and cubed
2 tablespoons water
$^3/_4$ cup walnuts
6 shallots, chopped
1 tablespoon finely chopped parsley
$^1/_2$ teaspoon nutmeg
ground black pepper
1 cup mayonnaise

1. Place pumpkin in large bowl, add 2 tablespoons of water, cover and cook for 8-10 minutes on HIGH or until pumpkin is just cooked, but still firm. Stir halfway through cooking
2. Refresh by running cold water over pumpkin. Drain and chill.
3. Mix walnuts, shallots, parsley, nutmeg and pepper with mayonnaise.
4. Fold mayonnaise mixture gently into the pumpkin. Serve chilled.

HONEY GINGERED VEGETABLES

Serves 6

2 teaspoons grated ginger
2 tablespoons honey
1 tablespoon soy sauce
2 teaspoons lemon juice
500 g butternut pumpkin, peeled and thinly sliced
1 cup frozen beans
2 zucchinis, sliced
1 tablespoon sesame seeds

1. In a large bowl,heat ginger, honey, soy sauce and lemon juice for 1 minute on HIGH.
2. Add pumpkin and cook covered 4-6 minutes on HIGH, until just tender.
3. Stir in beans and zucchini, cook covered a further 3-4 minutes on HIGH.
4. Spoon onto a serving plate. Sprinkle with sesame seeds.

POTATOES PIZZAIOLA

Serves 4-6

4 large potatoes
1 tablespoon butter
1 clove garlic, crushed
425 g can tomatoes, roughly chopped
2 teaspoons fresh (or $^1/_2$ teaspoon dried) basil
ground black pepper and salt to taste
$^1/_2$ brown onion, finely diced
1 anchovy, minced

1. Peel and dice potatoes into 1.5 cm cubes, rinse and place in a large bowl with 2 tablespoons of water, cover and cook for 6-8 minutes on HIGH, stirring halfway through cooking. Drain.
2. In a small bowl, combine butter, garlic, onion and anchovy. Cook for $^1/_2$-1 minute on HIGH, stir halfway.
3. Combine basil, pepper and salt to garlic mixture.
4. Add tomatoes and garlic mixture to potatoes, ensuring potatoes are well coated.
5. Cook, uncovered, for 4-5 minutes on HIGH, stirring halfway through cooking.

DESSERTS

AUSTRALIAN FRUIT CAKE

Serves 4-6

1 kg mixed fruit
1 cup brown sugar
250 g butter, chopped
2 tablespoons brandy
4 eggs, lightly beaten
2 teaspoons parisienne essence
1 cup plain flour, sifted
1 teaspoon baking powder
1/2 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons brandy, extra

1. Combine the first 4 ingredients in a large bowl. Cover and cook for 4 minutes on HIGH, stirring once. Allow to cool slightly.
2. Stir in eggs and parisienne essence, followed by dry ingredients.
3. Pour into a greased 20 cm cake container.
4. Cook for 5 minutes on HIGH.
5. Using a 3 cm foil strip, place around the outside of cake plastic container. (This will prevent the outside from overcooking before the centre is cooked.)
6. Cook a further 5 minutes on HIGH.
7. Stand for 10 minutes before turning out.
8. Pour over extra brandy. Decorate with extra glacé fruits if desired.

CHOCOLATE CAKE

2 cups sugar
3/4 cup cocoa
1 teaspoon baking powder
1 1/2 cups milk
1/2 cup oil
1 3/4 cups plain flour
2 eggs
2 teaspoons vanilla

ICING

125 g butter
1 cup icing sugar
1 dessert spoon rum
125 g philadelphia cheese
2 dessert spoons cocoa

1. Combine all ingredients together in a large bowl.
2. Beat together for 3 minutes on HIGH.
3. Pour into a greased microwave safe gugelhopf container.
4. Cook for 16-18 minutes on MEDIUM. Allow to stand 5-10 minutes before turning out.
5. Allow to cool before icing.

ICING

1. Beat ingredients together till light and creamy.

BREAD AND BUTTER PUDDING

Serves 4-6

4 slices multigrain bread, crusts removed
butter
3 tablespoons caster sugar
1/4 cup sultanas
2 1/2 cups milk
1/2 teaspoon vanilla essence
4 eggs, lightly beaten
3 teaspoons brown sugar
1/4 teaspoon nutmeg

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Place milk and vanilla essence into a Pyrex jug, cook for 2 1/2 minutes on HIGH.
4. Gradually whisk the warmed milk into eggs. Cook for 1-2 minutes on HIGH, stirring occasionally.
5. Pour over bread mixture.
6. Sprinkle with brown sugar and nutmeg.
7. Cook for 15 minutes on MEDIUM LOW.
8. Allow to stand for 5-10 minutes before serving.

CARAMEL RICE PUDDING

Serves 4-6

1 cup rice
3 cups hot water
400 g can condensed milk
1 tablespoon butter
1 tablespoon lemon juice
cinnamon sugar

1. Place rice and water in a large Pyrex bowl. Cook for 10 minutes on HIGH, or until tender. Stir halfway. Drain.
2. Mix condensed milk and butter together. Cook for 4-6 minutes on HIGH, stirring every 30 seconds. (Caramel will boil over if not stirred.)
3. Mix caramel into rice and sprinkle with cinnamon sugar.

CHOCOLATE MOUSSE

Serves 4

200 g cooking chocolate
2 tablespoons water
2 tablespoons rum
1/4 cup caster sugar
3 egg whites
300 mL carton thickened cream
extra cream for decoration
30 g chocolate, grated

1. Place chocolate, water and rum in a large heatproof bowl. Melt for 30-60 seconds on HIGH, stirring halfway. Stir in sugar.
2. Allow mixture to cool, then whip until aerated.
3. Beat egg whites until stiff peaks form.
4. Whip the cream until thick but not stiff. Fold cream and beaten egg whites into chocolate mixture.
5. Divide mixture evenly between four dessert glasses. Refrigerate until set.
6. Serve decorated with cream and chocolate shavings.

CHARTS

DEFROSTING FROZEN FOODS

Procedure:

1. Remove wrapping from meat.
2. Place frozen meat on a defrost rack. Shield.
3. Defrost using MEDIUM LOW/DEFROST power level (30%).
4. Halfway through defrosting, remove any defrosted portions, e.g. steak,mince. Turn over and shield. Continue defrosting.

DEFROSTING TIMES AND TECHNIQUES FOR MEAT AND POULTRY

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast)	7-9 minutes/500 g	10-15 minutes
Steaks	6-8 minutes/500 g	5-10 minutes
Minced Beef	6-8 minutes/500 g	5-10 minutes
PORK (Roast)	6-8 minutes/500 g	10-15 minutes
Chops	5-7 minutes/500 g	5-10 minutes
Ribs	4-6 minutes/500 g	5-10 minutes
Minced Pork	6-8 minutes/500 g	5-10 minutes
LAMB (Roast)	6-8 minutes/500 g	10-15 minutes
Shoulder	6-8 minutes/500 g	10-15 minutes
Chops	$4^1/_2$-5 minutes/500 g	5-10 minutes
POULTRY		
Turkey (Whole)	8-10 minutes/500 g	20-30 minutes
Chicken (Whole)	5-6 minutes/500 g	10-15 minutes
Pieces	5-8 minutes/500 g	10-15 minutes
Duck	8-10 minutes/500 g	10-15 minutes

DEFROSTING TIMES AND TECHNIQUES FOR SEAFOOD, BREAD AND PIES

SEAFOOD	MICROWAVE TIME	STANDING TIME	PROCEDURES
Whole Fish	4-6 minutes/500 g	5 minutes	Shield head and tail with foil. Separate and rearrange halfway through defrosting.
Scallops	6-8 minutes/500 g	2-3 minutes	Separate as soon as possible.
Prawns	4-6 minutes/500 g	2-3 minutes	Separate as soon as possible.

BREAD	MICROWAVE TIME	PROCEDURES
2 slices	20-25 seconds	Place between paper towel directly on turntable.
4 slices	30-35 seconds	
6 slices	50-60 seconds	
Bread Rolls	35-40 seconds per roll	

PIES	MICROWAVE TIME	PROCEDURES
Individual	3-4 minutes	Remove from packaging. Place between paper towel on a rack. Turn over halfway. Allow to stand 3-5 minutes before reheating.
Whole	7-8 minutes	

MICROWAVE OVEN ROASTING CHART

FOOD	COOKING TIME AND POWER LEVEL	INSTRUCTIONS	STANDING TIME
BEEF Rare Medium Well done	16-18 minutes/kg at MEDIUM 20-23 minutes/kg at MEDIUM 25-28 minutes/kg at MEDIUM	Tie meat with string. Season with cracked pepper. Place fat-side down on a Rack. Turn over halfway through cooking. Stand covered with foil before carving.	10-15 minutes
VEAL Well done	25-28 minutes/kg at MEDIUM	Tie meat with string. Place on a rack. Brush with melted butter. Turn over halfway through cooking. Stand covered with foil before carving.	5-10 minutes
PORK Well done	28-34 minutes/kg at MEDIUM	Brush rind with oil and sprinkle with salt. Place on a rack. Turn over halfway through cooking. Stand covered with foil before carving.	10-15 minutes
LAMB Medium Well done	13-21 minutes/kg at MEDIUM HIGH 16-22 minutes/kg at MEDIUM HIGH	Season with 'Season All' or as desired. Place fat-side down on a rack. Turn over halfway through cooking. Stand covered with foil before carving.	10-15 minutes
CHICKEN Whole	16-21 minutes/kg at MEDIUM HIGH	Brush with melted butter. Season as desired. Place chicken breast-side down on a rack. Turn over and shield wings and legs halfway through cooking. Stand covered with foil before carving.	10-15 minutes
CHICKEN Pieces	10-13 minutes/500 g at MEDIUM	Season as desired. Place chicken skin-side down on a rack. Turn over halfway through cooking.	10-15 minutes
TURKEY Whole	15-21 minutes/500 g at MEDIUM	Truss turkey. Place breast-side down on a rack. Turn over halfway through cooking and shield wings and legs. Baste with melted butter 2-3 times during cooking. Stand covered with foil before carving.	10-15 minutes
DUCK	7-9 minutes/500 g at MEDIUM	Place duck breast-side down on a rack. Pierce skin to drain excess fat. Turn over halfway through cooking. Stand covered with foil before carving.	10-15 minutes

FRESH VEGETABLE CHART

VEGETABLE	AMOUNT	MICROWAVE TIME AT HIGH (100%)	COOKING PROCEDURE
Asparagus	500 g	3-4 minutes	Wash and place in a freezer bag. Allow to stand 3 minutes before serving.
Beans	500 g	3½-4½ minutes	Cut into 4 cm pieces. Place in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Broccoli	500 g	3½-4½ minutes	Cut into uniform florets. Arrange with flower towards centre. Cook covered. Allow to stand 3 minutes before serving.
Brussels sprouts	500 g	3-4 minutes	Arrange in a 23 cm flan dish. Arrange with stalk towards outside. Cook covered. Allow to stand 3 minutes before serving.
Cabbage	500 g	3-4 minutes	Shred and cook in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.
Carrots	500 g	3½-5 minutes	Arrange in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Cauliflower	500 g	3½-4½ minutes	Cut into uniform florets. Arrange with flower towards centre, with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Chokos	500 g (2)	5-5½ minutes	Cut into quarters. Place in a 20 cm pie plate with 1 tablespoon of water. Cook covered. Allow to stand 3 minutes before serving.
Corn (on cob)	500 g (2)	4½-6½ minutes	Rinse corn under cold water. Place corn in husk directly onto turntable. Turn over during cooking. Allow to stand 3 minutes before serving.
	1 kg (4)	14-15 minutes	Rinse corn under cold water. Place corn in husk directly onto turntable. Turn over during cooking. Allow to stand 5 minutes before serving.
Eggplant	500 g	3-3½ minutes	Cut into 2 cm cubes. Place in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.
Mushrooms	500 g	3-3½ minutes	Sliced or whole. Place in a dish with 2 teaspoons butter. Allow to stand 3 minutes before serving.

VEGETABLE	AMOUNT	MICROWAVE TIME AT HIGH (100%)	COOKING PROCEDURE
Peas - Green	500 g	3-4 minutes	Cook in a dish with 1 teaspoon sugar and 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
- Snow	500 g	2-2½ minutes	Remove string from pod. Cook in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.
Potatoes (jacket)	2 medium 4 small	3½-4½minutes	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Allow to stand wrapped in foil 3 minutes.
(baked)	2 medium 4 small	4½-5 minutes	Peel and quarter potatoes. Cook in a dish with ⅓ cup water. Cook covered. Allow to stand 3 minutes before serving.
Pumpkin	500 g	4-4½ minutes	Peel and cut into serving-size pieces. Place in a dish and cook covered. Allow to stand 3 minutes before serving.
Spinach	500 g	3-4 minutes	Wash and shred. Cook, covered, in a dish with 2 tablespoons water. Allow to stand 3 minutes before serving.
Squash	500 g	3-4 minutes	Wash and place in a dish with 1 tablespoon of water. Pierce whole squash with a fork. Cook covered. Allow to stand 3 minutes before serving.
Sweet Potato	500 g 1 kg	5-6 minutes 11-12 minutes	Peel and quarter potatoes. Cut in half and then into 1 cm thick slices. Allow to stand 3-5 minutes before serving.
Tomatoes	500 g	2-3 minutes	Cut into quarters. Place in a dish. Season and cook covered. Allow to stand 3 minutes before serving.
Zucchini	500 g	3-4 minutes	Cut into uniform-size pieces. Place in a dish with 1 tablespoon water and 1 tablespoon butter. Cook covered. Allow to stand 3 minutes before serving.
Vegetables (canned)	500 g	2-3 minutes	Drain, reserving 2 tablespoons liquid. Place vegetables and reserved liquid in a dish and cook covered. Allow to stand 3 minutes before serving.

FROZEN VEGETABLE CHART

1. Place vegetables in a dish. Cover with a lid.
2. Stir halfway through cooking.
3. Allow to stand 1-3 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT HIGH (100%)	SPECIAL PROCEDURES
Asparagus	500 g	6-7 minutes	
Beans (green, cut)	500 g	6-6 $^{1}/_{2}$ minutes	
Broccoli	500 g	6-6 $^{1}/_{2}$ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Brussels sprouts	500 g	6-6 $^{1}/_{2}$ minutes	
Carrots (whole) (sliced)	500 g 500 g	6-6 $^{1}/_{2}$ minutes 6-7 minutes	
Cauliflower	500 g	6-6 $^{1}/_{2}$ minutes	Break apart as soon as possible.Arrange with flower towards the centre.
Corn (on cob) (kernel)	4 pieces (500 g) 500 g	6-7 minutes 6-6 $^{1}/_{2}$ minutes	
Peas (green)	500 g	5 $^{1}/_{2}$-6 $^{1}/_{2}$ minutes	
Spinach	250 g	4-4 $^{1}/_{2}$ minutes	
Mixed Vegetables	500 g	6-6 $^{1}/_{2}$ minutes	Break apart as soon as possible.

RICE AND PASTA COOKING CHART

FOOD	OTHER INGREDIENTS	COOKING TIME
1 cup white rice	2 cups hot tap water	10-14 minutes on HIGH
1 cup brown rice	2 $^{1}/_{2}$ cups hot tap water	20-24 minutes on HIGH
1 cup macaroni	4 cups boiling water	10-12 minutes on HIGH
250 g spaghetti	4 cups boiling water	12-14 minutes on HIGH
250 g fettuccine	4 cups boiling water	10-12 minutes on HIGH
$^{1}/_{3}$ cup quick-cooking oats	$^{3}/_{4}$ cup cold tap water or milk	2-4 minutes on HIGH
1 cup quick-cooking oats	2 $^{1}/_{4}$ cups cold tap water or milk	4 $^{3}/_{4}$-7 minutes on HIGH

Procedure:

Place rice/pasta/oats in a large bowl with water. Cook uncovered, stirring twice during cooking. Allow to stand 2 minutes.

GUIDE TO COOKING EGGS

SCRAMBLED EGG GUIDE

Place butter, eggs and milk in a small bowl. Beat with a fork until well combined. Cook, uncovered, stirring halfway through cooking.

Egg(s)	*Butter*	*Milk*	*Cook MEDIUM HIGH (70%)*
1	1 tsp.	1 tbsp.	1-1 $^{1}/_{2}$ min.
2	2 tsp.	1 tbsp.	1-2 min.
3	1 tbsp.	2 tbsp.	2-3 min.
4	1 tbsp.	$^{1}/_{4}$ cup	2 $^{1}/_{2}$-3 $^{1}/_{2}$ min.

REHEATING CONVENIENCE / DEFROSTING CONVENIENCE – FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250 mL per cup	1 cup 2 cups	1-1½ minutes on HIGH 2½-3 minutes on HIGH	Stir after heating.	—
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	2-5½ minutes on MEDIUM 6-8 minutes on MEDIUM	Place food in bowl. Cover with plastic wrap or lid. Stir halfway.	1-3 minutes
Canned Soup (room temp.) 250 mL per cup	1 cup 2 cups	2-2½ minutes on HIGH 3-3½ minutes on HIGH	Stir halfway through cooking. Stir after heating.	—
Meat Pie (refrigerated) Individual 180 g each	1 pie 4 pies	2½-4 minutes on MEDIUM 9½ minutes on MEDIUM	Place directly on turntable, face side down. Cover with paper towel. Turn over halfway.	1-3 minutes
Frozen Pasta Dinners (e.g. Lasagne)	300-500 g 500-750 g	3½-5 minutes on HIGH, followed by 4-5 minutes on MEDIUM 4½-6 minutes on HIGH, followed by 8½-10 minutes on MEDIUM	Remove from foil container. Place in a dish same size. Cover with plastic wrap or lid. Allow to stand.	2-3 minutes
Pizza (refrigerated) 100 g per slice	1 slice 2 slices	½-1½ minutes on MEDIUM 1½-2½ minutes on MEDIUM	Place on paper towel. Place directly on turntable. Allow to stand.	—
Dinner Plate (refrigerated) 350 g-400 g per serve	1 serve	4½-6 minutes on MEDIUM	Slice potato. Cover plate with plastic wrap. Place directly on turntable. Allow to stand.	2 minutes
Casserole (refrigerated) 250 g per serve	1 serve 2 serves	4-5½ minutes on MEDIUM 8-10 minutes on MEDIUM	Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.	1-3 minutes
Croissants (frozen)	1 2	30-40 seconds on MEDIUM LOW 60-70 seconds on MEDIUM LOW	Place between paper towels. Place directly on the turntable.	—
Fruit Pie whole (frozen)	600 g	4-5 minutes on MEDIUM HIGH followed by 5 minutes on MEDIUM LOW	Keep in foil container. Place on a roasting rack. Allow to stand.	2-3 minutes
Fruit Pie individual (frozen) 135 g each	1 2	1½-2 minutes on MEDIUM LOW 2½-3 minutes on MEDIUM LOW	Remove from foil container. Place directly on the turntable. Allow to stand.	1-2 minutes
Pecan Pie whole (frozen)	1 kg	1-3½ minutes on MEDIUM HIGH	Remove from foil container. Place on a plate lined with paper towel. Allow to stand.	2-3 minutes
Jam Donuts (frozen)	2 4	1-1½ minutes on MEDIUM LOW 2½-3½ minutes on MEDIUM LOW	Place directly on turntable. Turn over halfway through defrosting.	—
Danish Pastry whole (frozen)	400 g	1-3 minutes on MEDIUM HIGH followed by 1-2½ minutes on MEDIUM LOW	Remove from foil container. Place on dinner plate. Allow to stand.	2-3 minutes

NOTE: Room Temperature +20°C
Refrigerator Temperature +3°C
Frozen Temperature -18°C

GLOSSARY OF TERMS

SPOON MEASURES

1 tablespoon	=	20 mL
1 teaspoon	=	5 mL
1/2 teaspoon	=	2.5 mL
1/4 teaspoon	=	1.25 mL

LIQUID MEASURES

Cups		Metric		Imperial
1 cup	=	250 mL	=	8 fl. oz.
1/2 cup	=	125 mL	=	4 fl. oz.
1/3 cup	=	80 mL	=	2.5 fl. oz.
1/4 cup	=	60 mL	=	2 fl. oz.

CUP MEASURES

	Metric	Imperial
1 cup flour	140 g	4 1/2 oz.
1 cup sugar	250 g	8 oz.
1 cup brown sugar	185 g	6 oz.
1 cup icing sugar	185 g	6 oz.
1 cup butter/margarine	250 g	8 oz.
1 cup honey/golden syrup	375 g	12 oz.
1 cup fresh breadcrumbs	60 g	2 oz.
1 cup crushed biscuits	125 g	4 oz.
1 cup uncooked rice	220 g	7 oz.
1 cup mixed fruit	185 g	6 oz.
1 cup chopped nuts	125 g	4 oz.
1 cup coconut	90 g	3 oz.

DRY INGREDIENTS

Metric		Imperial
15 g	=	1/2 oz.
30 g	=	1 oz.
60 g	=	2 oz.
90 g	=	3 oz.
125 g	=	4 oz.
185 g	=	6 oz.
250 g	=	8 oz.
500 g	=	1 lb.
1000 g (1 kg)	=	2 lb.

NOTE

- Recipes in this book use standard metric equipment approved by the Australian Standards Association.
- All spoon and cup measures are level.
- All recipes in this book that include eggs require 55 g unless otherwise specified.

GENERAL INFORMATION

DEFROSTING

Thawing food, especially meats, using the microwave oven is not only faster than any other method but it can also give better results.

Once frozen meat is thawed, it begins to lose its juices.

With a microwave oven you can thaw meat just before you plan to cook it, thus preserving the quality.

Microwave thawing doesn't mean a lot of fuss, but some attention is needed to make sure that parts of food do not start to cook before the centre is thawed. MEDIUM LOW is fast enough to be convenient but gentle enough to give good results.

POULTRY

Start thawing poultry breast-side down; shield warm areas and turn over halfway through defrosting. Let poultry stand 30 to 60 minutes after thawing, until giblets and neck can be removed and breast meat under wings is completely thawed.

CUTS OF MEAT

Break up or separate minced beef, cubed meat, chicken pieces or fish fillets after one-third of thawing time. Remove any thawed pieces. Place remainder in baking dish to complete thawing. Turn over roasts, steaks, chops or chicken. Separate as soon as possible.

JOINTS

Turn over large roasts halfway through defrosting. As you turn, touch the meat to find warm areas and shield these with small pieces of foil. Let roasts stand 30 to 45 minutes after defrosting time. Thaw meats and poultry only until they can be pierced in the centre with a skewer. Surface or cavity should feel cool but not icy. Cook as soon as possible to prevent loss of juices.

REHEATING

Foods reheated in the microwave oven taste freshly cooked, not reheated. Suit the power level to the food. A bowl of leftover vegetables can be reheated at HIGH, while lasagne, which contains sensitive cheese and cannot be stirred, should be reheated at MEDIUM HIGH or MEDIUM.

CASSEROLES

Cover dish tightly with plastic wrap or a lid. Stir several times during reheating, especially if casserole has been refrigerated. If casserole cannot be stirred, reheat at MEDIUM.

MEATS

Medium to thin slices reheat best. Cover meat with sauce or gravy. Cover with microwave plastic wrap to hold in heat. Reheat on MEDIUM.

PLATES OF FOOD

Arrange food with thickest parts of meat and bulky vegetables to outside of the plate. Place quick-to-heat foods in the centre. Cover with microwave plastic wrap. Reheat on MEDIUM.

VEGETABLES

Wrap large, whole vegetables in microwave plastic wrap. Cover dishes of vegetables and stir during reheating, if possible.

TOASTING

ALMONDS

Place 100 g almonds in a glass dish; cook for 3-3 1/2 minutes on HIGH, or until golden brown. Stir almonds every minute during cooking.

SESAME SEEDS

Place 1/4 cup sesame seeds in a glass bowl; cook for 2-3 minutes on HIGH, or until golden. Stir every minute.

RECONSTITUTING DRIED FOODS

DRIED FRUITS

Place 1 cup of fruit in a bowl, cover with cold water, and cook for 4 1/2-5 minutes on HIGH. Stand covered for 5 minutes before using.

PULSES

To soak: Place one cup of any variety of beans in a large dish, add 2 cups cold water and cover with a lid or plastic wrap. Place in microwave and cook for 5 minutes on HIGH. Then simmer for 30 minutes on MEDIUM LOW. They will then be ready to use.
To cook: Rinse pulses. One cup of pulses to 4 cups of boiling water is required for a maximum of 45 minutes on HIGH.

DRIED MUSHROOMS

Place in a bowl with 2 cups of water and heat, slowly, 8-10 minutes on LOW.

COMMONLY ASKED QUESTIONS AND ANSWERS

MICROWAVES COOK FROM THE INSIDE OUT. They certainly do not. Microwaves penetrate foods from the outside to a depth of about 2.5 cm. Small foods, under 5 cm in diameter, are penetrated to the centre from all sides. With large foods, energy creates heat in the outer layer; then the heat moves to the centre by conduction, as it does conventionally. A few foods may appear to cook more on the inside. One example is an egg. Energy penetrates to the centre, where the fatty yolk becomes hotter than the white, and cooks quicker.

YOU CAN'T USE METAL IN A MICROWAVE OVEN.

False. Metal reflects microwaves; the oven itself is made of metal so microwave energy can't escape. Inside the oven, metal slows cooking because it keeps energy from reaching parts of the food. You can use the reflective properties of metal to protect foods which might overcook in some areas.

DISHES DON'T GET HOT IN A MICROWAVE OVEN.

Keep your oven mitts handy. A microwave-safe utensil will not be heated by microwave energy, but it will become hot from contact with hot food. Heat tends to equalise. A warm object heats the air around it, like a radiator in a cool room. When food becomes hot, some of this heat is transferred to the dish.

POINTS TO REMEMBER

As a general guide:
HIGH – is ideal for vegetables, fruit, soup, beverages, bacon and sauces.
MEDIUM HIGH – for roasting lamb, roasting chicken and fish fillets.
MEDIUM – is for roasting beef, pork and simmering; great for casseroles or stews and cooking seafood.
MEDIUM LOW – allows you to defrost.
LOW – is used to keep foods warm once they are cooked.

- The more food in the microwave oven, the longer it takes to cook.
- Reduce liquids in a microwave recipe because there is not as much evaporation, due to the shorter cooking time.
- Reduce seasonings slightly because flavours will be unbalanced by quantity of liquid. Do not add salt until the end of the cooking process.
- Microwaves cook from the outside to the centre, so when arranging foods always place the thicker or more dense portions of food at the outside, with the thinner, less-dense pieces on the inside.
- Foil can be used in the microwave oven success fully.

Just remember two rules:
(a) There must be at least half of the food exposed to the microwaves.
(b) Do not let the foil touch the sides of the oven.
Use foil to shield thinner parts of food when defrosting, to prevent over-cooking and drying out.

- All food continues to cook after it leaves the micro wave oven because the heat is stored in the food and not in the oven.

Standing time required will vary according to the volume and density of food.

e.g. Fish and vegetables – 1-5 minutes
Cakes – 3-10 minutes
Roasts – 5-15 minutes
Cover foods with a lid or foil when standing.

- When reheating foods always cover with a lid, plastic wrap or paper towel to prevent foods from drying out. Reheat on MEDIUM for best results.
- Always pierce food that has a membrane – for example eggs, tomatoes, potatoes and kidneys.
- Remember to cover vegetables with a lid or plastic wrap when cooking.

HINTS

- Always place the stems of vegetables – e.g. cauliflower, broccoli – toward the outside of the dish. The stems are tougher than the flower, so this will ensure even cooking.
- Ice-cream containers were made for freezing food and are not suitable for use in a microwave oven.
- Remember: When melting chocolate in the microwave oven, it holds its shape until stirred. Heat for 2-$2\frac{1}{2}$ minutes per 100 g on MEDIUM. DO NOT COVER.
- Jams and chutneys are great when made in the microwave, as they retain their colour and flavour. As cooking time is so short, less evaporation occurs. Therefore pectin or a jam setting agent is required to make jam set.
- To obtain more juice from oranges, lemons or limes, prick skin, microwave 30 seconds on HIGH and stand 2 minutes before squeezing.
- Warm jam for a quick glaze. Heat 2-3 tablespoons for 30 seconds on HIGH; strain if necessary while hot.
- Soften cream cheese for dips or beating by removing foil wrapper and cooking for 1 minute on MEDIUM LOW.
- To melt marshmallows, place 100 g in a large bowl. Cook for 30 seconds on HIGH.
- To dissolve gelatine, mix 1 teaspoon gelatine with 2 tablespoons water and cook for 20-30 seconds on HIGH. Stir well.
- To blanch almonds place 100 g in a bowl with 1 cup of water. Cook for 5 minutes on HIGH.
- If brown sugar becomes hard, simply soften in the microwave oven. Place a cup at a time in a bowl with a slice of bread. Cover with plastic wrap and cook for 40 seconds on HIGH.
- Soften 6-8 honey-snap biscuits for 30 seconds on HIGH. Shape into base of patty dish for quick tartlet cases.
- Place a chocolate after-dinner mint on top of 6 patty cakes; arrange cakes evenly on turntable. Cook about 50-60 seconds on HIGH, or until chocolate is soft. Gently spread chocolate mint evenly over patty cake for a quick icing.
- To soften honey, remove metal lid from jar and microwave on HIGH for 30 seconds.
- Stuffed mushrooms are a terrific idea. Provided the filling is cooked, twelve mushrooms placed on a layer of paper towel will take approximately 3 minutes to heat on HIGH.
- To remove odours, place 1-litre water with slice of lemon or 1 teaspoon vanilla essence in the micro wave.
  Cook for 20 minutes on HIGH.
- As microwave cooking time is so quick, food should be seasoned to taste with herbs and spices after cooking.
- To peel a tomato, pierce the skin with a fork 3-4 times.
  Place on a rack and cook for 45-60 seconds on HIGH. Stand for 3 minutes before peeling.
- Lightly prick the skin of chicken before cooking. This prevents the loud popping noises.
- Peeling garlic is made easier by placing a clove in the microwave for 10 seconds on HIGH.
- Pierce the skin of chicken livers with a fork before cooking to prevent popping of the internal fat. Cover with paper towel when cooking.
- The flavour of wine in food is highlighted with the short microwave cooking time, so adjust the quantity to your taste.
- Tomato sauce can be warmed for 30 seconds on HIGH to give it a pouring consistency. (ensure lid is removed.)
- When cooking sauces in the microwave use less liquid: the absence of direct heat means sauces do not reduce as much as stovetop-prepared sauces.
- Rice and pasta cook well in small quantities. Use a large container to prevent boiling over.
- FOIL. Contrary to popular belief, foil can be used in the microwave – for shielding, not covering. It must not come in contact with the walls of the micro wave. Foil directs microwave energy away from delicate or thin areas of food, toward areas that need more cooking. It is essential for even defrosting. Place foil over the thawed sections, allowing the frozen portions to continue defrosting.
- To enhance the colour and flavour when roasting chicken, mix some brown sugar, honey and a little soy sauce together and brush both sides of poultry before and during cooking.
- To blanch vegetables for freezing, place 150 g of vegetables in a dish with 1 tablespoon of water. Cover and cook on HIGH for $\frac{1}{3}$ of the usual cooking time. After cooking, immerse immediately in iced water, package, label, and freeze for up to 3 months.
- Do not add salt to vegetables before cooking, as salt draws out the moisture and causes vegetables to toughen.

QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Express Meal	To cook Pasta Napolitana. PASTA DISH
Instant Action	To cook 2 Jacket Potatoes. JACKET POTATO x 2
Express Defrost	To defrost 0.5kg of Chicken Fillets. Menu Number EXPRESS DEFROST x 2 → INSTANT COOK / START
Easy Defrost	To defrost 1.0kg of Chicken Pieces. Menu Number: EASY DEFROST x 4 → Weight: 1 0 → INSTANT COOK / START
Less/More Setting For Express Meal, Instant Action	BEVERAGE → For More setting: POWER LEVEL x 1 or For Less setting: POWER LEVEL x 2 Within 2 seconds
Less/More Setting For Express Defrost, Easy Defrost	Menu Number: EASY DEFROST x 4 (eg. Chicken Pieces) → Weight*: 1 0 (eg. 1.0 kg) → For More setting: POWER LEVEL x 1 or For Less setting: POWER LEVEL x 2 → INSTANT COOK / START * Express Defrost, no need to enter weight.
Variable Cooking Control	To soften Cream Cheese or Butter for 40 seconds on 30%. Cooking Time: 4 0 → POWER LEVEL x 4 → INSTANT COOK / START
Instant Cook	Just One Touch INSTANT COOK / START Within 3 minutes of closing the door
Timer	To set for 3 minutes. 3 0 0 → TIMER / CLOCK
Child Lock	To lock. TIMER / CLOCK → 1 → INSTANT COOK / START (Press for 3 seconds) To unlock. TIMER / CLOCK → 1 → STOP / CLEAR
Clock	To set for 11:45 am TIMER / CLOCK → 1 1 4 5 → TIMER / CLOCK

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